

Part 2 of 2



Re-engineering Food Stamp Program Nutrition Education

Policy Initiatives & Program Opportunities



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SNE- July 31, 2007



New Resources from FNS...

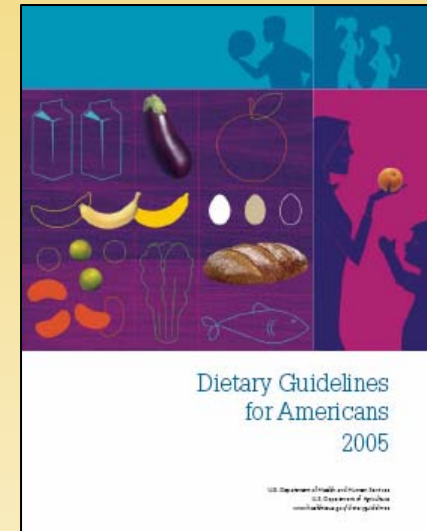
Loving Your Family Feeding Their Future

Nutrition Education Through The Food Stamp Program



Loving Your Family...

- Messages based on Dietary Guidelines for Americans, 2005
- Address the needs of English and Spanish speaking moms with limited literacy skills



Loving Your Family...

Formative Research

- Target Audiences
 - FSP Moms
 - NE Coordinators
 - NE Providers
- Focus Groups
- In-Depth Interviews



Loving Your Family...

Focus Groups w/ Low-income Moms

State	Spanish	English	Total
FL	2	2	4
IL	1	2	3
NJ	2	0	2
KY	0	2	2
CA	2	1	3



Loving Your Family...

Interviews with Low-income Moms

	Hispanic American			
African American	English Speakers	Spanish Speakers	Anglo American	Total
17	6	14	20	57



Loving Your Family...

Formative Research Findings

■ Educators

- Challenges to providing nutrition education:
 - literacy limitations
 - linguistic barriers
 - challenges of extreme poverty
 - fast paced lifestyle and competition from numerous social forces
 - lack of motivation

“Unfortunately, we don’t have a lot of handouts in Spanish right now. There is such a need for them.”



Loving Your Family...

Formative Research Findings

FSP mothers reported that their children often play a role in food selection and preparation, thus making it more difficult to provide healthy choices.



Loving Your Family...

Formative Research Findings

- Barriers to a Healthy Diet
 - Children
 - Lack of food preparation skills
 - Cultural Norms
 - Lack of time
 - Budget
 - Transportation



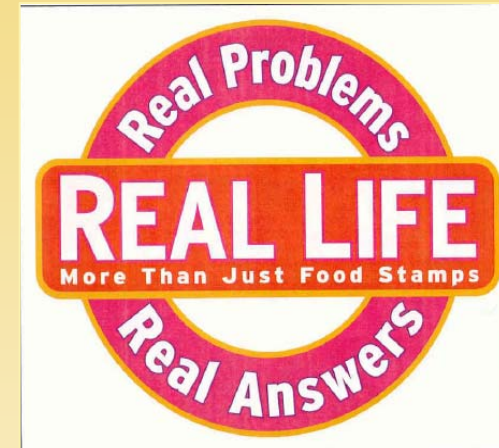
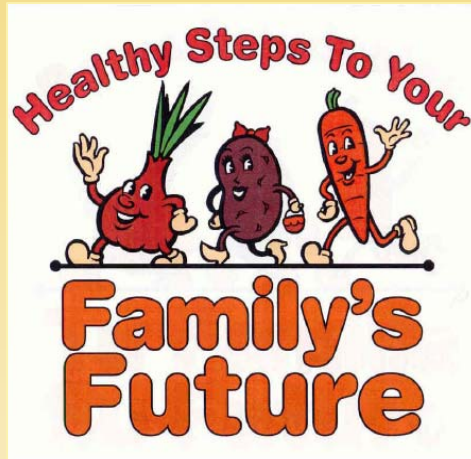
Loving Your Family...

Formative Research Findings

- What Moms Want...
 - Quick & easy recipes, meal plans
 - Ways to get kids to eat fruits & vegetables
 - How much to eat/portion sizes
 - How to get kids to exercise
 - Recipes for children
 - Available resources
 - How to budget and shop for groceries
 - Food demonstrations



Conceptual Approaches



Conceptual Approaches

Loving Your **Family** 
Feeding Their Future
Nutrition Education Through The Food Stamp Program



Personal

Warm

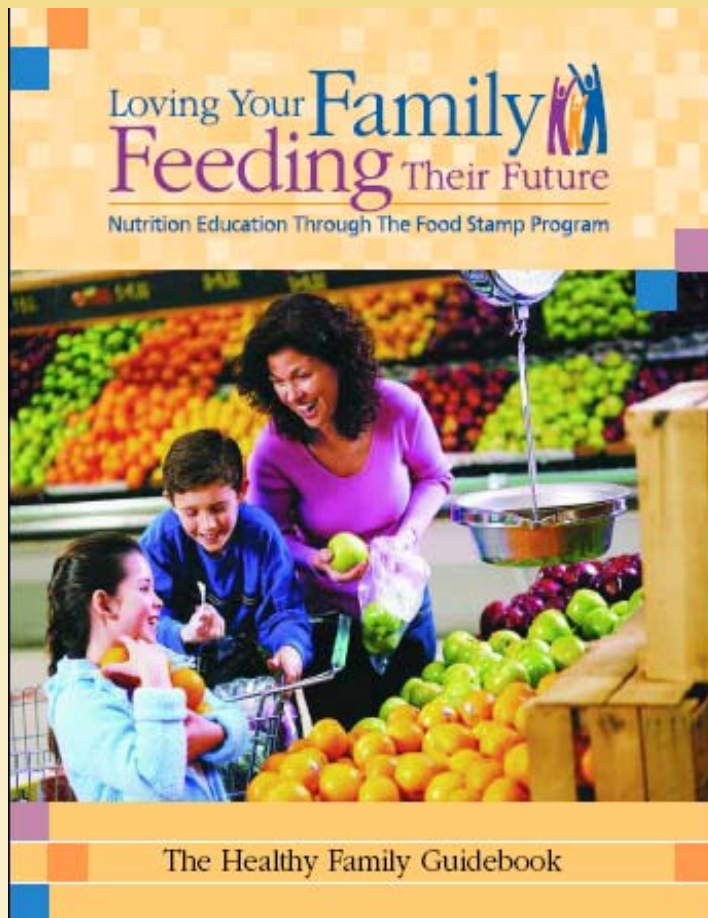
Feminine

Nurturing



Loving Your Family...

Participant Materials



Cómo Comer Más Saludable y Ser Más Activo

- Comer alimentos de cada grupo cada día.
- Usar tazas de medición para medir 1 taza y cuánto es media taza.
- Cortar vegetales crudos como trozos pequeños. Mantenerlos en recipientes transparentes para ver cuánto comen.
- Cocine las carnes y pescados en asados o en el microondas en vez de fritos.
- Comer frutas como postre.

¿Qué cuenta como una taza de vegetales?

Muchas personas necesitan comer 2 tazas del grupo de los vegetales diariamente. Este folleto muestra las cantidades de comida que cuentan como 1 taza de vegetales.

*La cantidad de vegetales puede variar dependiendo de la edad, sexo y nivel de actividad física de cada persona.

- 1 papa dulce grande cuenta como 1 taza del grupo de vegetales
- 1 taza de frijoles negros cocidos cuenta como 1 taza del grupo de vegetales
- 12 mini zanahorias cuentan como 1 taza del grupo de vegetales
- 1 taza de vegetales crudos o cocidos, como las hojas cuenta como 1 taza del grupo de vegetales

What counts as one cup of fruits?

Many people need to eat 2 cups from the fruits group each day. This handout shows the amount of food that counts as 1 cup of fruits.

The amount of fruit may vary depending on age, gender, and physical activity.

- 1 cup of chopped fruit like apples, grapes, or berries
- 1 cup from the fruits group
- 1/2 cup of dried fruit like raisins, apricots, or cranberries
- 1 cup from the fruits group
- 1 large banana counts as 1 cup from the fruits group
- 1 large orange counts as 1 cup from the fruits group
- 32 red seedless grapes count as 1 cup from the fruits group
- 1 cup (8 fluid ounces) of 100% fruit juice counts as 1 cup from the fruits group

Family Meals Easy, Tasty, and Healthy!

You're running in 10 directions! It's 4 p.m. You need to pick up your child at daycare, stop at the store, and run some errands. And, you need to get ready for an evening meeting. How do you put a healthy supper on the table, too?

A few steps can help you make an easy family meal - with less stress. Use the time you save to enjoy your family.

Plan ahead.
Keep meals simple! You can make healthy meals fast.
Cook when you have more time - maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.
Do some tasks the day before. Wash and cut vegetables or make fruit salad. Your child can help. Cook noodles for pasta salad. Cook lean ground beef or turkey for tacos. Refrigerate all food items until used.

Fast family meals:
Hearty soup: Add low-salt canned or frozen vegetables to soup.
Pasta dish: Mix chopped lean ham, cooked chicken, or tuna, and cooked vegetables, into macaroni and cheese.
Super chili: Serve homemade or canned chili over a baked potato or brown rice.

Your ideas: _____



Loving Your Family...

Materials Testing

- Pre-tested with target audience
 - 76 interviews total-round 1
 - 25 interviews round 2
 - 12 interviews round 3
- Reviewed by FSP staff and administrators (gatekeepers)
- 23 internal and external expert reviewers
- Federal Dietary Guidance Working Group Review



Loving Your Family...

Promotional Brochure



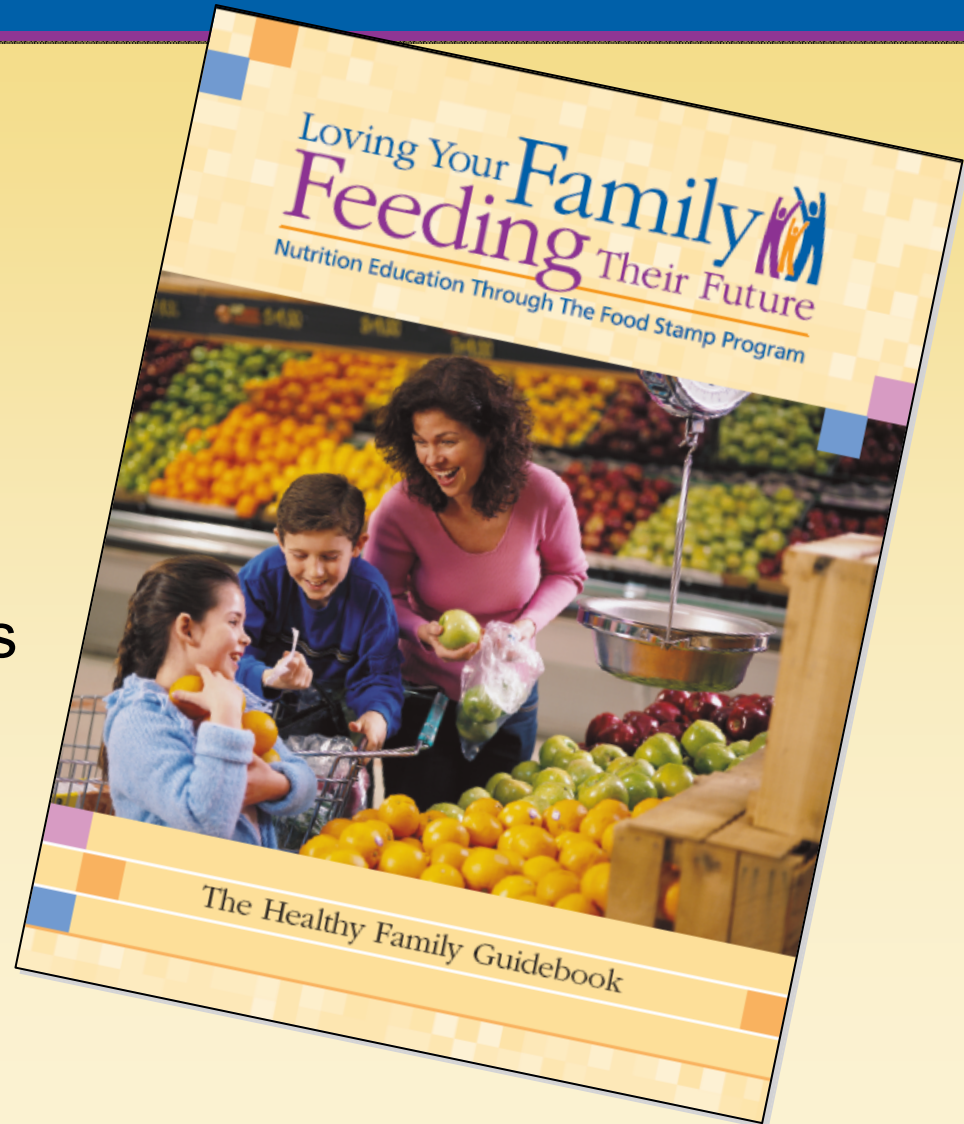
- links food benefits & nutrition education
- helps mothers access services (nutrition education & food benefits)



Loving Your Family...

Healthy Family Guidebook

- Includes:
 - basic habits of a healthy lifestyle
 - easy and tasty recipes and menus for busy mom on a tight budget
 - tips for involving kids in healthier eating and physical activities
 - tips for buying and serving various foods



Loving Your Family...

Healthy Family Guidebook

- From a Mom's Viewpoint
- Full-color Images
- Design Features
- Real World Examples



Loving Your Family...

Healthy Family Guidebook

Tips

Tips on serving fruits:

- My family likes fruit juice, but I might not serve it every day. We only drink enough juice to get up to half of the fruit we need for the day when we have juice. For my family, that would be no more than 1 cup per person.
- I keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks.
- We often use fruit for dessert. Our favorites are:
 - Canned peaches, fruit cocktail, pineapple, and applesauce.
 - Mangoes, papayas, cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale.

Here is a great recipe to try as a snack or dessert.



Frozen Fruit Cups

Serving Size: 1 muffin tin cup | Makes: 18 servings

Ingredients:

- 3 bananas
- 24 ounces fat-free strawberry yogurt
- 10 ounces frozen strawberries, thawed, with the juice
- 8 ounces canned crushed pineapple, with the juice

Instructions:

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining items.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Snack Menu

Frozen Fruit Cups
Graham cracker
Low-fat or fat-free milk



Habit #3 Get your calcium-rich foods

Each of my family members needs 3 cups of milk each day to get enough calcium.

How Much Food?

For one day, we might:



- Drink 1 cup of low-fat milk or put it on our cereal for breakfast (counts as 1 cup of milk).



- Drink 1 cup of fat-free or low-fat milk for lunch (counts as 1 cup of milk).



- Eat 1 cup of low-fat yogurt as dessert at our evening meal (counts as 1 cup of milk).

On other days for one of the cups of milk, we might eat 2 ounces of low-fat processed cheese.

Menus & Recipes



Loving Your Family...

Healthy Family Guidebook

WEEK TWO

DAY 1	DAY 2	DAY 3
Breakfast Breakfast Egg Burrito* Cantaloupe Orange Juice Low-fat Milk	Breakfast Egg Muffin Sandwich: (Scrambled Egg and American Cheese on a Whole-Wheat English Muffin) Orange Juice	Breakfast Shredded Wheat Cereal Low-fat Milk Banana Orange Juice
Lunch Lentil Stew* Mixed Green Salad with Reduced-Calorie Dressing Corn Bread* Lemon Iced Tea	Lunch Broccoli & Cheese Baked Potato: (Potato, Broccoli, Cheese) Apple Lemon Iced Tea	Lunch Bean & Cheese Enchiladas* Mixed Green Salad with Reduced-Calorie Dressing Grapes Lemon Iced Tea
Dinner Pork Chops & Peppers* Roasted Sweet Potatoes Green Peas Applesauce Dinner Roll with Soft Margarine Low-fat Milk	Dinner Baked Fish* Cuban Beans* Brown Rice Sliced Tomato Dinner Rolls with Soft Margarine Low-fat Milk	Dinner Beef Stir Fry* with Vegetables White Enriched Rice Low-fat Milk Fat-free Frozen Yogurt
Snack Oatmeal Raisin Cookies* Low-fat Milk	Snack Low-fat Yogurt Raisins	Snack Baby Carrots Saltine Crackers (Low Sodium)

* Go to www.fns.usda.gov/eatasmartplayandhealthylifestyle for recipes with starred (*) foods and amounts of food to eat for a 2,000-calorie food pattern.

Note: Use fat-free and low-fat milk and milk products. Prepare iced tea with no added sugar. Use 100% fruit juices.

DAY 4	DAY 5	DAY 6	DAY 7
Breakfast Whole-Wheat Toast with Peanut Butter Cantaloupe Low-fat Milk	Breakfast Oatmeal with Raisins Tropical Morning Treat*	Breakfast Pumpkin Muffin* with Soft Margarine Banana Low-fat Milk	Breakfast Raisin Bran Cereal Low-fat Milk Apple Orange Juice
Lunch Spinach Salad Garlic Toast with Soft Margarine Mandarin Oranges Low-fat Milk	Lunch Turkey Sandwich: (Turkey, Lettuce, Tomato, Mayonnaise on Whole-Wheat Bread) Apple Coleslaw* Low-fat Milk	Lunch Chicken Salad* Sandwich: (Chicken Salad, Lettuce, Tomato on Whole-Wheat Bread) Carrot Raisin Salad* Baked Beans Low-fat Milk	Lunch Vegetarian Chili* Whole-Wheat Garlic Toast with Soft Margarine Corn Low-fat Milk
Dinner Baked Chicken Egg Noodles with Soft Margarine Green Beans Lemon Iced Tea Fat-free Frozen Yogurt	Dinner Baked Chicken Egg Noodles with Soft Margarine Green Beans Lemon Iced Tea Fat-free Frozen Yogurt		
Snack Apple Graham Crackers	Snack Apple Graham Crackers		






Loving Your Family...

Handouts

- Four Handouts in English and Spanish
- 7 Basic Habits portion of Guidebook as Black and White Reproducible

Cómo Comer Mejor y Ser Más Activo

- Comer alimentos de cada grupo de alimentos cada día.
- Usar tazas de medición para aprender cuánto es 1 taza y cuánto es media taza.
- Cortar vegetales crudos como brócoli y zanahorias en trozo pequeños. Mantenerlos en la nevera en recipientes transparentes para meriendas.
- Cocine las carnes y pescados en una barbacoa, asados o en el microondas en vez de freírlos.
- Comer frutas como postre.
- Escoger leches o yogures ligeros o sin grasa. (Recomendado para personas mayores de 2 años de edad)
- Escoja alimentos de granos enteros, como pan integral, avena, arroz integral y palomitas de maíz ligeros más frecuentemente.

Escriba otras ideas aquí:

Amor A Su Familia
Alimente Su Futuro
Healthy Habits • Healthy Kids • Healthy Families • Healthy Communities

¿Qué cuenta como una taza de vegetales?

Muchas personas necesitan comer 2 tazas del grupo de los vegetales diariamente.
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- 12 mini zanahorias cuentan como 1 taza del grupo de vegetales
- 1 taza de vegetales crudos o cocidos, como las judías cuenta como 1 taza del grupo de vegetales
- 2 tazas de legumbres verdes crudas, como espinaca cuentan como 1 taza del grupo de vegetales
- 1 taza (8 onzas líquidas) de jugo mixto o de tomate cuenta como 1 taza del grupo de vegetales

Amor A Su Familia

What counts as one cup of fruits?

Many people need to eat 2 cups from the fruits group each day.* This handout shows the amount of food that counts as 1 cup of fruits.
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- 1 cup of chopped fruit like fruit cocktail counts as 1 cup from the fruits group
- 1/2 cup of dried fruit like raisins counts as 1 cup from the fruits group
- 1 large banana counts as 1 cup from the fruits group
- 1 large orange counts as 1 cup from the fruits group
- 32 red seedless grapes count as 1 cup from the fruits group
- 1 cup (8 fluid ounces) of 100% fruit juice counts as 1 cup from the fruits group

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Feeding Their Future
National Nutrition Program • The United Way Program

Family Meals Easy, Tasty, and Healthy!

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Plan ahead.

Keep meals simple! You can make healthy meals fast.

Cook when you have more time - maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.

Do some tasks the day before. Wash and cut vegetables or make fruit salad. Your child can help. Cook noodles for pasta salad. Cook lean ground beef or turkey for tacos. Refrigerate all food items until used.

Fast family meals:

Hearty soup: Add low-salt canned or frozen vegetables to soup.

Pasta dish: Mix chopped lean ham, cooked chicken, or tuna, and cooked vegetables, into macaroni and cheese.

Super chili: Serve homemade or canned chili over a baked potato or brown rice.

Your ideas:

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Feeding Their Future



Loving Your Family...

Handouts

What counts as one cup of vegetables?

Many people need to eat 2 1/2 cups from the vegetables group each day.* This handout shows the amount of food that counts as 1 cup of vegetables.

* The amount of vegetables may vary depending on age, gender, and physical activity level of each person.



1 large sweet potato counts as
1 cup from the vegetables group



1 cup of cooked black beans counts as
1 cup from the vegetables group



12 baby carrots count as
1 cup from the vegetables group



1 cup of raw or cooked vegetables like green beans counts as
1 cup from the vegetables group



greens like raw spinach count as
1 cup from the vegetables group



1 cup (8 fluid ounces) of tomato or vegetable juice counts as
1 cup from the vegetables group

How much food?

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My favorite vegetables

Orange Vegetables



Carrots



Pumpkin



Sweet potato

Starchy Vegetables



Corn



Green peas



White potatoes

Dark Green Vegetables



Broccoli



Greens (collards, mustard greens, turnip greens, kale)



Spinach



Romaine

Other Vegetables



Cabbage



Cauliflower



Green beans



Zucchini

Commit to change

Write others here:



Loving Your Family... Educator Materials



Educator's Handbook

Loving Your Family
Feeding Their Future
Nutrition Education Through The Food Stamp Program



DISCUSSION SESSION How Much? Food and Physical Activity

SESSION OVERVIEW

This session is intended to help busy mothers learn ways to get enough of the right kinds of food, but not too much, and recognize that a healthy lifestyle means paying attention to what they eat and how physically active they are each day. Participants will measure and visualize different size portions of foods. Finally, participants will commit to one action to be physically active during the coming week and at least one action to get the recommended amounts of foods from the *MyPyramid* food groups based on a 2,000-calorie meal plan. The participants will receive two take-home tools to help them achieve these actions by working with their children: *Ways to Eat Smart* and *Move More* and *MyPyramid for Kids* Coloring Page.

TARGET AUDIENCE: Mothers with children between the ages of 2 and 18

GROUP SIZE: 5 to 7 participants

NEEDED TIME: 45 minutes

BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify the amounts of food most women and children need from each food group.

Identify to get MyPyramid
Identify get as physically active as possible
Know each fruit and vegetable group
Measure portions you eat

- Kids need the right amount of food from all food groups to grow strong and healthy.
- Physical activity can help burn off some of the food you eat.

MATERIALS NEEDED FOR SESSION

- Names tags/markers
- Food models (2- and 3-ounce portions of meats)
- Measurement cups and spoons (for participants)

DISCUSSION SESSION Family Meals Easy, Tasty, and Healthy!

SESSION OVERVIEW

This session is intended to help busy mothers plan, shop, and prepare healthy, low-cost meals for their families and learn ways to let their children help. Participants will discuss the difficulties of making easy and healthy family meals. Participants will share challenges of making low-cost meals and snacks. An educator will facilitate a discussion about solutions to the problems identified by the group by sharing ideas from participants as they play the *Wishes a Wish* game. Each participant will share how she would make a meal using two "make and serve in a hurry" foods that she has selected from items on display. The planned meals could be a snack, lunch, breakfast, or dinner. Ideas on making the planned meals low-cost will be shared. Participants will then brainstorm some ideas on how their children could help make the meal. Finally, mothers will be challenged to select two timesaving or low-cost ideas to plan, shop, or cook healthy meals that she will use in the upcoming week and one way she will let her child(ren) help her with the family meals.

TARGET AUDIENCE: Mothers with children between the ages of 2 and 18

GROUP SIZE: 5 to 7 participants

NEEDED TIME: 45 minutes

BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify and use at least two timesaving or low-cost ways to prepare healthy family meals each week.

- Name two tasks their child can do to help make a family meal and commit to letting their child help do a task at least once a week.

KEY MESSAGES:

- Timesaving tips can help mothers make easy, tasty, and healthy family meals, with less stress and cost.
- Children can help mothers get ready for, or make, family meals.

MATERIALS NEEDED FOR SESSION

- Names tags/markers
- Highlighters or pencils (one per participant)
- Flipchart/markers
- Samples of "make and serve in a hurry" foods (See handout sheet, *Family Meals - Easy, Tasty, and Healthy!*)
- Arrange the items on a table for everyone to see.

- MyPyramid poster - Hang poster at eye level so everyone can see it.
- Handouts for mothers:
 - Family Meals - Easy, Tasty, and Healthy!
 - The Healthy Family Guidebook

TIP:
Use empty boxes or cards for the canned and frozen items. Include examples of low cost foods.

DISCUSSION SESSION Family Time Active and Fun

SESSION OVERVIEW

This session is intended to help busy mothers and their families be more physically active and begin to make healthy choices for meals and snacks. As an activity opener, participants will share how physically active they are. Then they will discuss why being physically active is important and the challenges to being active every day. Participants will work with partners to come up with solutions to the challenges of being more physically active every day and share with the group.

Using the *The Healthy Family Guidebook* participants will discuss ways to fit smart food choices into a healthy eating plan. At the end of the session, participants will be reminded to make being physically active and eating healthy a part of their daily habits. Participants will make a personal commitment to at least two actions to follow a healthy eating plan and be physically active for at least 30 minutes most days of the week.

TARGET AUDIENCE: Mothers with children between the ages of 2 and 18

GROUP SIZE: 5 to 7 participants

NEEDED TIME: 45 minutes

BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify and commit to at least one action to get at least 30 minutes of moderate-intensity physical activity with their family most days of the week.

- Identify and commit to at least two actions to help make a healthy eating plan.

- Parents play an important role in helping their children make physical activity an everyday habit.
- Most families need to be more physically active.

MATERIALS NEEDED FOR SESSION

- Names tags/markers
- Highlighters or pencils (one per participant)
- Flipchart/markers
- MyPyramid poster - Hang poster at eye level so everyone can see it
- Lively and fun musical CDs and player

DISCUSSION SESSION Vegetables and Fruits Simple Solutions

SESSION OVERVIEW

This session is intended to help busy mothers include the recommended amounts of fruits and vegetables meal plans and learn ways to encourage their children to eat fruits and vegetables. All discuss the difficulties of including fruits and vegetables in their family's meals. An educator will facilitate a discussion about solutions to the problems identified by the group. Ideas up members will be recorded on a flip chart. Using sample vegetables, participants will use their *MyPyramid* sub-groups (dark green, orange, starchy, dry beans and peas, and milk). Then participants will measure 1-cup, 1-cup, and 1-cup portions of fruits and vegetables. Participants will be able to visualize what 2 cups of fruits and 2 cups of vegetables look like (the recommended amount for a 2,000-calorie diet). Participants will then brainstorm some ways to encourage their children to eat fruits and vegetables followed by a discussion of which methods work best. Finally, mothers will be challenged to identify and commit to try two vegetables and one fruit the upcoming week with at least one vegetable being a dark green or orange one. Identify and commit to at least one activity to encourage their children to eat a variety of vegetables each day.

TARGET AUDIENCE: Mothers with children between the ages of 2 and 18

GROUP SIZE: 5 to 7 participants

NEEDED TIME: 45 minutes

BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify and commit to try at least two different vegetables and fruits each day for good health - not just one type.
- Eat fruits and vegetables at meals and snacks. Pick fresh, frozen, canned, or dried and go easy on fruit juices.
- Most families need to increase their intake of dark green and orange vegetables and dry beans and peas.

KEY MESSAGES:

- A family needs a variety of different colored vegetables and fruits each day for good health - not just one type.
- Eat fruits and vegetables at meals and snacks. Pick fresh, frozen, canned, or dried and go easy on fruit juices.
- Most families need to increase their intake of dark green and orange vegetables and dry beans and peas.

MATERIALS NEEDED FOR SESSION

- Names tags/markers
- Highlighters or pencils (one per participant)
- Flipchart/markers

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VEGETABLES AND FRUITS - 1

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FAMILY MEALS - 1

Loving Your Family... Virtual Orientation Resources

- “Explore Loving Your Family” Online Module
- “Loving Your Family In A Whole New Way...A Success Story” Video Clip...
- "What's It All About" Tip-Sheets

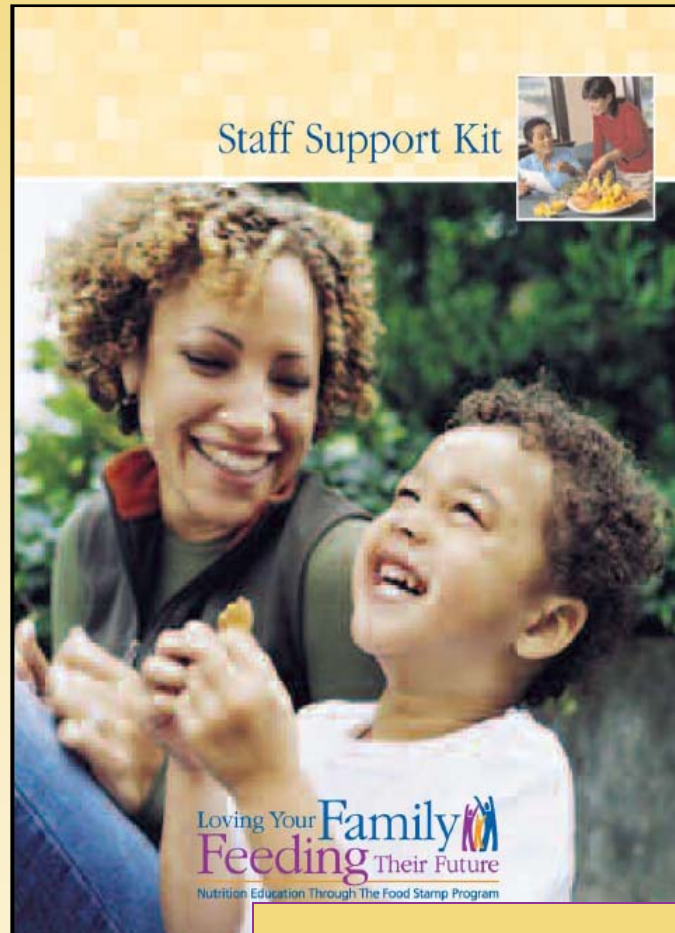
www.nal.usda.gov/foodstamp



The screenshot shows the 'Introduction' page of an online module. At the top, there's a header with the title 'Loving Your Family, Feeding Their Future' and the USDA logo. Below the header, on the left, is a large image of a smiling woman. To the right of this image, the text reads: 'You are about to take the first look at Loving Your Family, Feeding Their Future: Nutrition Education through the Food Stamp Program.' Below this, it says 'In reviewing this module, prepare to:' followed by a bulleted list: 'Explore the new educational tools developed for Food Stamp Nutrition Education', 'Gain familiarity with Loving Your Family...educational materials', 'Learn how to incorporate Loving Your Family...themes and materials into your nutrition education efforts', and 'Discover how Loving Your Family...can make a difference in the lives of your clients'. On the right side of the page, there is a vertical navigation menu with links: 'Introduction', 'Training Materials', 'Cultural Considerations', 'Getting the Kids Involved', 'Promoting and Marketing', and 'Nutrition Education Resources'. At the bottom of the page, there's a video player showing a woman speaking, with a 'HABIT #1' graphic overlay. The video player has controls for 'REWIND', 'PAUSE', and a progress bar showing '02:20'. The bottom right corner of the page has a 'Next' button and a '1 of 8' indicator.

Loving Your Family...

Ordering Materials



- FSNE Staff may order the Staff Support Kit and participant materials online
- Educator's Guide, Discussion Sessions and a User Response Card available for download
- Non-FSNE staff can download materials



www.nal.usda.gov/foodstamp

New Resources from FNS



NUTRITION EDUCATION for OLDER ADULTS



Eat Smart, Live Strong

Target Audience

- For able-bodied, independent older adults 60-74 years of age.



Eat Smart, Live Strong

Target Audience



- Food Stamp Program
- Senior Farmer's Market Nutrition Program
- Commodity Supplemental Food Program
- Child and Adult Care Food Program
- Food Distribution Program on Indian Reservations.



Eat Smart, Live Strong

Key Behaviors

- Eat at least 3½ cups of fruits and vegetables every day
- Participate in at least 30 minutes of physical activity most days of the week



Eat Smart, Live Strong

Key Behaviors

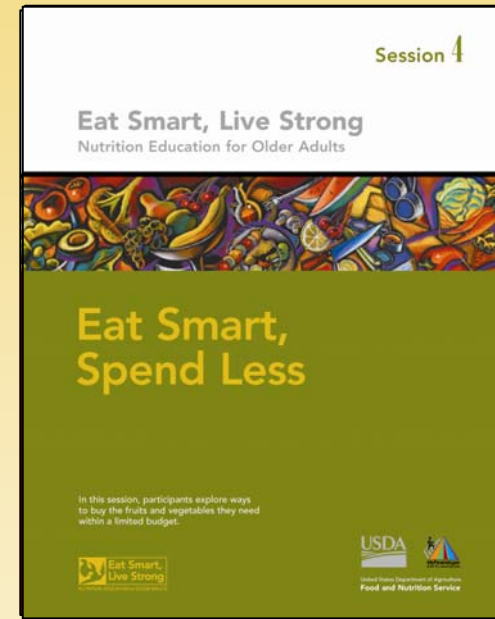
- 30 minutes and 3½ cups message based upon:
 - 1600 calorie diet
 - Female
 - Sedentary
 - At least 1 chronic condition



Eat Smart, Live Strong

Activity Kit Components

- **Leader's Guide**
- **Session 1:** Reach Your Goals, Step by Step
- **Session 2:** Challenges and Solutions
- **Session 3:** Colorful and Classic Favorites
- **Session 4:** Eat Smart, Spend Less



Eat Smart, Live Strong

Activity Kit Components

■ **Session Outline**

- Behavioral Objectives
- Session Overview
- Motivators
- Preparation
- Materials
- Optional Warm Up/Cool Down Physical Activities
- Session Activities with Handouts
- Wrap Up
- Feedback Form



Eat Smart, Live Strong

- Literature Review
- Promising Practices Review

Promising Practice • an integrated, multifaceted program or intervention that is made up of several component activities and materials and has been demonstrated to be effective at improving behavior or the determinants of behavior.



Eat Smart, Live Strong

- Promising Practices Review
 - Sources of Data:
 - 18 peer-reviewed journal articles
 - 4 published literature reviews
 - Contento, Balch, Bronner, et al. (1995)
 - Van der Bij, Laurant, Wensing (2002)
 - King, Rejeski & Buchner (1998)



Eat Smart, Live Strong

Categories of Rating Criteria

Target Audience	<ul style="list-style-type: none">■ older and/or low-income population■ cultural needs■ audience participation
Behavior Change	<ul style="list-style-type: none">■ demonstrated impact on behavior■ rigor of design
Key Factors/Determinants	<ul style="list-style-type: none">■ demonstrated impact on factors influencing behavior■ rigor of design
Other Criteria	<ul style="list-style-type: none">■ participant satisfaction■ feasibility



Eat Smart, Live Strong

- Promising Practices Review Findings
 - Few rigorous evaluations targeting low-income older adults
 - Identification of key factors or determinants
 - Activities implemented often or in the strongest rated intervention articles




Eat Smart, Live Strong

Activities Based Upon Promising Practice Findings

- Individualized goal setting with educator involvement

Eat Smart, Live Strong
Nutrition Education for Older Adults



Session 2

Set Your Goal


Recommended Goals

- 1 Eat at least 3 1/2 cups of fruits and vegetables every day.
- 2 Participate in at least 30 minutes of physical activity most days.

My Personal Goals Date: _____



I will eat _____ cup(s) of **fruits** and _____ cup(s) of **vegetables** every day.


I will get at least _____ minutes of **physical activity** on _____ days next week.



**Reach your Goals,
Step by Step**

Participants set goals for eating more fruits and vegetables and being more physically active. They are encouraged to record their progress.

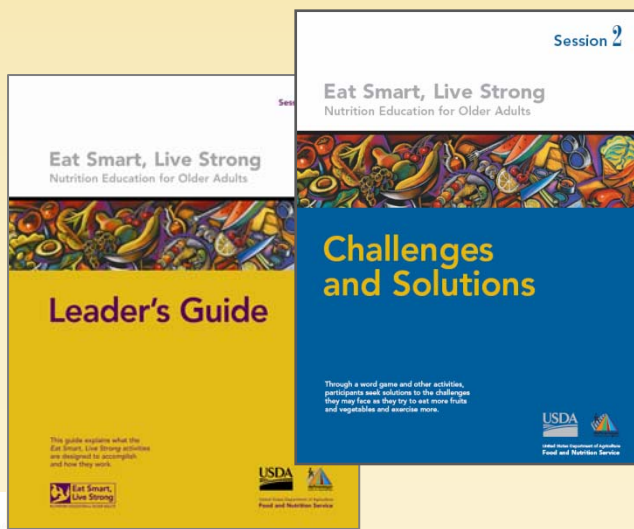




Eat Smart, Live Strong

Activities Based Upon Promising Practice Findings

- Motivational content tailored to the audience and theory-based



■ Session Outlines




- Behavioral Objectives
- Session Overview
- **Motivators**
- Preparation
- Materials
- Optional Warm Up/Cool Down Physical Activities
- Session Activities with handouts
- Wrap Up
- Feedback form



Eat Smart, Live Strong

Activities Based Upon Promising Practice Findings

- **Feedback and monitoring activities**

	Weekly Log				
	Sunday	Monday	Tuesday	Wednesday	Thursday
Cups of fruits 	 <hr/> # of cup(s)	 <hr/> # of cup(s)	 <hr/> # of cup(s)	 <hr/> # of cup(s)	 <hr/> # of cup(s)
Cups of vegetables 	 <hr/> # of cup(s)	 <hr/> # of cup(s)	 <hr/> # of cup(s)	 <hr/> # of cup(s)	 <hr/> # of cup(s)
Minutes of physical activity 	 <hr/> # of minutes	 <hr/> # of minutes	 <hr/> # of minutes	 <hr/> # of minutes	



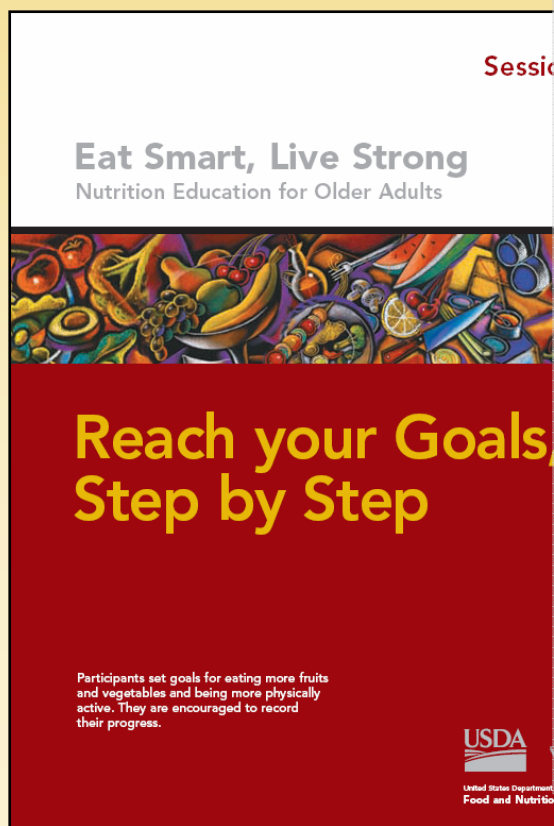
2a: Eat Smart, Live Strong



Eat Smart, Live Strong

Activities Based Upon Promising Practice Findings

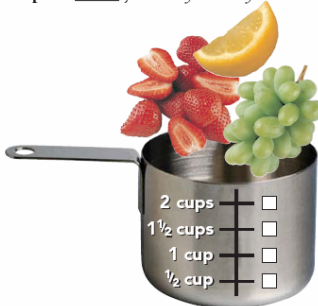
■ Self Assessment



Session 1

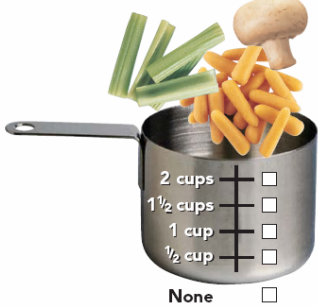
How Did I Do Yesterday?

Check the box that represents the cups of fruits you ate yesterday.



2 cups ☐
1½ cups ☐
1 cup ☐
½ cup ☐
None ☐

Check the box that represents the cups of vegetables you ate yesterday.




2 cups ☐
1½ cups ☐
1 cup ☐
½ cup ☐
None ☐

Total Cups of Fruits and Vegetables _____ cups

Write the total number of minutes you spent doing physical activity yesterday?

Some examples of physical activity are:

- Walking briskly
- Gardening
- Housework
- Aerobics
- Stretching
- Using hand weights
- Jogging
- Dancing
- Swimming
- Stationary cycling
- Climbing stairs
- Active play with grandchildren



Total minutes of physical activity _____ minutes

Handout 1b: Eat Smart, Live Strong

Turn Over →




Eat Smart, Live Strong

Activities Based Upon Promising Practice Findings

- Social support from peers through group activities
- Encourages health provider support – SMART Card

Session 2



"Smart" Card

Show this card to your health care provider during your next visit.

Fruits and Vegetables

I am making an effort to eat at least 3½ cups of fruits and vegetables every day.
I have several questions for you:

1 How would I benefit from eating at least 3½ cups of fruits and vegetables every day?

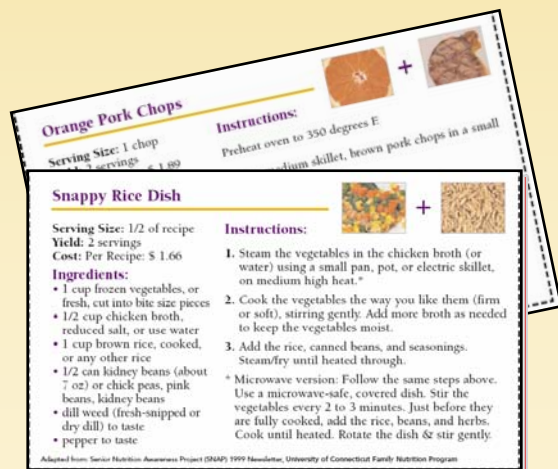
2 Are there any fruits or vegetables that I should avoid? Which ones?



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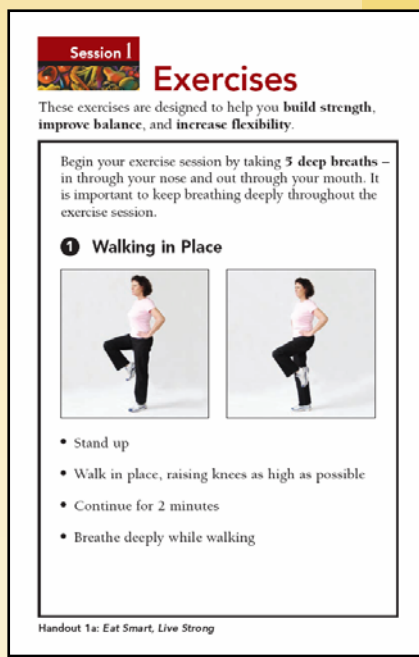
Activities Based Upon Promising Practice Findings

■ Empowerment and self-efficacy building activities



■ Session Outlines

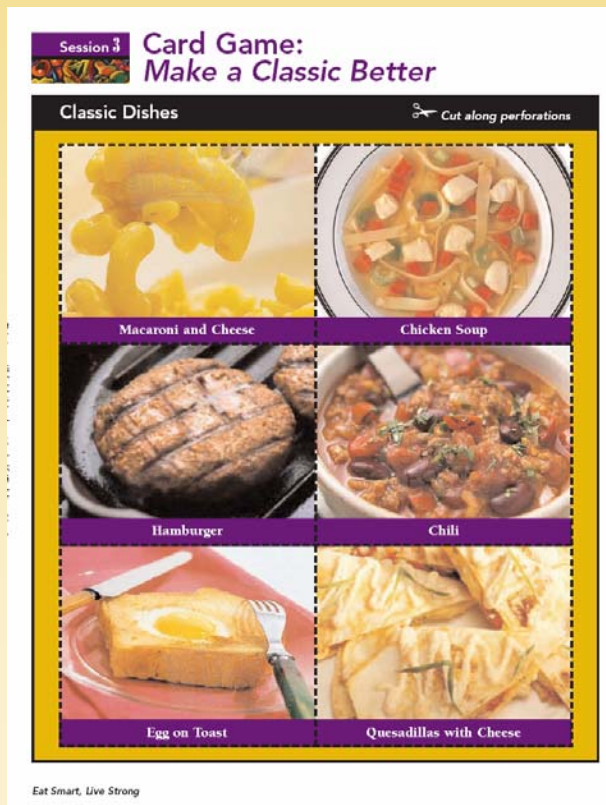
- Behavioral Objectives
- Session Overview
- Motivators
- Preparation
- Materials
- **Optional Warm Up/Cool Down Physical Activities**
- **Session Activities with Handouts**
- Wrap Up
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Eat Smart, Live Strong

Activities Based Upon Promising Practice Findings

■ Active participation



■ Session Outlines

- Behavioral Objectives
- Session Overview
- Motivators
- Preparation
- Materials
- **Optional Warm Up/Cool Down Physical Activities**
- **Session Activities with Handouts**
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Eat Smart, Live Strong

Materials Testing

- Interviews
 - 7 State/local FNS Program Cooperators
 - 6 nutrition educators
- Small Discussion Groups
 - 44 low-income older adults



Eat Smart, Live Strong

- Coming this Fall!



Save the Date!

FNS' 3rd National Nutrition Education Conference

August 3-5, 2009

Arlington, Virginia



Session Summary

- Promising practices
 - National reporting system
- New nutrition education materials



**Slide Handouts Available Post-Meeting on
the Food Stamp Nutrition Connection Web Site:
www.nal.usda.gov/foodstamp**

